



AQUATICS CENTER SCHEDULE

Effective May 26th

LAP SWIM TIMES

Lane availability is subject to change at any time.

MON	TUES	WED	THUR	FRI	SAT	SUN
5:30a-9:00a 8 lanes	5:30a-6:30a 4 lanes	5:30a-9:00a 8 lanes	5:30a-6:30p 4 lanes	5:30a-6:30a 4 lanes	7:00a-9:00a 8 lanes	12:00p-1:00p 8 lanes
9:00a-9:45a 4 lanes	6:30a-12:00p 8 lanes	9:00a-9:45a 4 lanes	6:30a-4:30p 8 lanes	6:30a-9:00a 8 lanes	9:00a-9:45a 4 lanes	1:00p-4:00p 3 lanes
9:45a-11:00a 8 lanes	12:00p-1:00p 4 lanes	9:45a-11:00a 8 lanes	4:30p-5:30p 3 lanes	9:00a-9:45a 4 lanes	9:45a-1:00p 8 Lanes	
11:00a-1:00p 4 lanes	1:00p-4:30p 8 lanes	11:00a-1:00p 4 lanes	5:30p-7:30p 8 lanes	9:45a-11:00a 8 lanes	1:00p-4:00p 3 Lanes	
1:00p-6:00p 3 lanes	4:30p-5:30p 3 lanes	1:00p-6:00p 3 lanes	7:30p-8:00p 4 lanes	11:00a-1:00p 4 lanes		
6:00p-7:30p 8 lanes	5:30-6:45pm No Lanes	6:00p-7:30p 8 lanes		1:00p-6:00p 3 lanes		
7:30p-8:00p 4 lanes	6:45p-8:00p 4 Lanes	7:30p-8:00p 4 lanes		6:00p-8:00p 8 lanes		

WATER GROUP FITNESS CLASSES

MON	TUES	WED	THUR	FRI	SAT	SUN
	5:35a-6:30a Water Wake Up		5:35a-6:30a Water Wake Up	5:35a-6:20a Water Aerobics		
9:00a-9:45a Aquacise		9:00a-9:45a Aquacise		9:00a-9:45a Aquacise	9:00a-9:45a Wild Water Workout	
11:00a-11:45a Young at Heart	4:45p-5:30p Wild Water Workout	11:00a-11:45a Young at Heart		11:00a-11:45a Young at Heart		
	5:30p-6:30p Pool Volleyball		4:45p-5:30p Wild Water Workout			

WATER WALKING

MON	TUES	WED	THUR	FRI	SAT	SUN
12:00p-1:00p Water Walking	12:00p-1:00p Water Walking	12:00p-1:00p Water Walking	12:00p-1:00p Water Walking	12:00p-1:00p Water Walking		
7:00p-8:00p Water Walking	7:00p-8:00p Water Walking	7:00p-8:00p Water Walking	7:00p-8:00p Water Walking			

GROUP SWIM LESSON TIMES

MON	TUES	WED	THUR	FRI	SAT	SUN
9:30a-12:00p	9:30a-12:00p	9:30a-12:00p	9:30a-12:00p	June 15th-25th July 20th-30th		
5:15p-7:30p	5:15p-7:30p	5:15p-7:30p	5:15p-7:30p	June 1st -11th July 6th-16th		

OPEN SWIM TIMES

MON	TUES	WED	THUR	FRI	SAT	SUN
1:00p-6:00p		1:00p-6:00p		1:00p-6:00p	1:00p-4:00p	1:00p-4:00p

FOR MORE INFO, PLEASE CONTACT:
 Aquatic Director: 605-225-4910
 Email: aquatics@aberdeenymca.org

Note: during swim lessons, the rec pool spray features will be turned off and the South side of Rec Pool will be unavailable

*During swim lessons lane availability may be reduced in the lap pool.